Focus on fruit
Vary your veggies
Keep food safe to eat
Get your calcium-rich foods
Make at least half your grains whole grains
Go lean with protein

Eating healthy on a budget

Meal prep for the week
Eat more meals at home vs. going out
Utilize your meal plan on campus
Have roommates pitch in for healthy foods and meals
Buy store-brand foods vs. brand-name (they are the same product but cheaper!)
Coupons, coupons, coupons!

TOP FOODS FOR BRAIN HEALTH

Popcorn
Veggies & hummus
Yogurt
Fruit smoothies
Fresh fruit
Handful of almonds
Hard boiled egg
Trail mix

Eat This | Not that
---|---
Baked or grilled foods | Fried foods
Low or non-fat milk | Whole milk
Baked sweet potato fries | French Fries
Water | Soda or juice
Fresh or frozen yogurt | Sugary desserts

Upcoming Events

3/23: Mindful Eating Presentation 11 a.m.-12 p.m. The Quiet Lounge @ the Rec
3/25: Self-Defense for Women 5 p.m.-7 p.m. @ the Rec room 115
3/30: Stress Management 4 p.m.-6 p.m. @ Ruston
3/31: Human Trafficking Awareness Project hosted by ATHENA 11 a.m.—1:30 p.m. @ the Quad

Human trafficking is the illegal trade of human beings, mainly for the purposes of forced labor and sex trafficking. Every 30 seconds, someone becomes a victim of modern-day slavery. It’s sad but true, here in this country, people are being bought, sold, and smuggled.